

**Abstinence Education Contractors  
FY 2005**

**Name of Project:** Urban League of Greater Dallas, Inc.  
My Choice: Living a Healthy Lifestyle

<b>Contact person/title</b>	Seifu Yigezu, COO Treva McDaniel, Project Director
<b>Address</b>	4315 South Lancaster Road Dallas, Texas 75216
<b>Phone/fax</b>	(214) 915-4600 (214) 915-4601
<b>Email</b>	<a href="mailto:syigezu@ulgdncctx.com">syigezu@ulgdncctx.com</a> <a href="mailto:tmcdaniel@ulgdncctx.com">tmcdaniel@ulgdncctx.com</a>
<b>Population/service area</b>	High risk, underserved youth, 10 to 18 years old and adults, 18 years and older, residing in the southern sector of Dallas, Texas.

---

**Project Summary:**

The mission of the Urban League's abstinence program, "My Choice: Living a Healthy Lifestyle", is designed to reduce risky behaviors in 200 high risk youth and adults through education on sexually transmitted diseases (STDs), AIDS/HIV, teenage pregnancy, alcohol and tobacco use, illegal drugs and criminal behavior.

The curriculum is taught for 10 weeks and covers the topics of: Human Growth & Development, Health Awareness, Personal Goals, Values, Self Worth, Assertiveness, Violence, Career Choices and Community Service.

One-time educational sessions will be offered throughout the year to 1,310 individuals to increase their knowledge on abstinence education and effective parenting skills.

The program is offered in after school programs located in community and recreational facilities. Our community partners are: the City of Dallas Parks and Recreation Centers, Boys & Girls Club, Dallas Housing Authority, Parkland Health and Hospital Systems, University of Texas Southwest Medical Center, Wesley Rankin Center, Veterans Hospital and Primrose Apartments.

---